

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



JUST SAY YES!

Yesterday I had my whole day planned. I have a lot of blog/webinar/ebook stuff in the works, and I wanted to spend most of the day checking stuff off my to do list.

Then my daughter Hannah texted me - do you want to go swimming with me? YES! If your adult children ask to do something with you, always say yes. It's always the right answer.

Within 20 seconds of her texting me, I texted back this picture of me with my suit on already. We floated, swam laps, and laughed for two hours and it was everything.



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Last week on my IG stories, I talked about a super quick chicken stir fry that used bagged salad as the veggies. I used a brand called Taylor Farms brand salad mix - I can usually find it at Walmart for \$2.99 a bag. I don't use the salad fixings (like the dressing or tortillas strips) just the salad.

I used the Mediterranean Crunch for this stir fry which included escarole, endive, broccoli, cauliflower, radicchio, carrots and red cabbage.

INGREDIENTS PER SERVING:

- 4 ounces chicken breast, cut into bite sized pieces
- 2 cups bagged salad
- 1/2 cup cooked brown rice

FOR THE SAUCE:

- 1 teaspoon stir fry sauce (I used Kikkoman)
- 1 teaspoon rice wine vinegar
- 1 teaspoon sambal oelek
- 1 teaspoon soy sauce

In a skillet, spray with avocado oil spray. Heat pan to medium high heat and cook chicken for 3-4 minutes. Remove from pan. Add brown rice and cook for 2 minutes - basically to reheat it. Add in the bagged salad, and the chicken and add the sauce and cook for one more minute.

The chicken should read 165 degrees. The veggies will be crisp tender. I like to garnish mine with everything but the bagel seasoning, but sesame seeds would be good too!



I am in the process of updating photos of older (posts with shitty photography. Check out my shrimp and grits! 7 points on purple and blue and 8 points on green - and its a 10 minute dinner!

Shrimp and Grits



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MEAL PREPPING

Lately I've been asked how I meal prep. What I would have told you five months before COVID would have been a completely different answer.

Now? I work from home, so I don't have to fit it all in on the weekends like I did before.

Three things I always meal prep for later in the week are:

- Skinny Pizza Dough - duh! Seriously the dough gets better the longer it sits - working on an eBook now that I hope to reveal January 1 - 50 Skinny Pizza Dough Recipes, which will have 25 recipes you guys haven't seen yet.
- Brown Rice. Even in my rice cooker it still takes about 40 minutes to cook. Great for stir fry like the above recipe, or make arancini.
- Baked Potatoes. So versatile to use because they are fully cooked. [Check out my breakfast baked potatoes I wrote for The Chopping Block here.](#)

I made THE BEST muffins. I am calling them All American Berry Muffins because I used [Safe + Fair's The All American Granola](#) that just came out this month.

I used blueberries and strawberries, but you could use any combo. I used real sugar too and these came out to only 165 calories each, or 6 points on any WW plan.

I have a discount code for Safe + Fair - if you or anyone has a food allergy, please check them out.

My code is Biz20 which gets you 20% off your order. Spend \$35 after my discount you get free shipping!

[The recipe is on my blog here.](#)



Life

I posted a picture of my bike helmet on IG and the resounding consensus was that it was too big. I had to wear a baseball hat underneath to make it snug, which people said basically defeats the purpose of the helmet.

Happy to say that I found a new one that has an adjustable insert so that it fits snug to your head.

I was going to try it out yesterday, but Hannah wanted to swim and I was all over that. I was going to ride after dinner, but realized that swimming for two hours was enough exercise so I'll try it out tomorrow.

I did have my longest ride so far on Friday night though - 13 miles! Love finding new trails near where I live. I've lived here 19 years and I've seen back roads and trails I never knew existed. So sad!

Still working towards that ten pound loss since I hit the reset button - maybe this week!

Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz

